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POINTS AND POINTERS FOR MEAL TIMES

Broadcast by Ruth Van Deman, Bureau of Human Nutrition and Home Economics, and Wallace L. Kadderly, Radio Service, in the Department of Agriculture's portion of the National Farm and Home Hour, Tuesday, February 23, 1943, over stations associated with the Blue Network.

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ANNOUNCER: Back again in Washington, here's Wallace Kadderly...★

KADDERLY: With a guest to tell us a good way to increase pork production of Agriculture

ANNOUNCER: But first, Ruth Van Deman....

VAN DEMAN: With some pointers on point-buying of canned foods - pointers gathered from the Department of Agriculture's home economists. I heard one man say the other day, buying under point rationing is going to be like a four-handed checker game. A woman's going to have to match vitamins, flavor, price, and points when she buys a can of food, or a package of dried or frozen food.

Just to get ourselves in trim for this four-way shopping, let's run over some of the rules. Of course, point-rationed canned and processed foods are scarce foods. Otherwise they wouldn't be rationed. So, to ease the pressure on these scarce foods, buy fresh foods whenever possible. This week and all the weeks to come, plan to use the fresh fruit and vegetables that are available. When you use foods in their fresh state you help to conserve tin and glass containers and man-hours in processing plants.

I know this is more easily said than done for women who're working long hours in factories and offices.

But there are quick ways of cooking fresh vegetables--vitamin-saving ways, at that. For instance, there's five-minute cabbage--shredded cabbage dropped into hot milk, simmered for a few minutes, and thickened slightly. Sweet, tender, delicate green--delicious--not even a forty-ninth cousin to limp, yellow, strong cabbage boiled an hour or two.

Carrots, too, sliced thin will cook in a few minutes, and you won't lose much vitamin nor any minerals if you serve all the juice. And so on down the vegetable list.

Often it's time-saving to cook enough of a vegetable to serve twice--once hot, another time cold as salad. But be sure to keep the left-overs covered and use them quickly. The longer they stand the more of their vitamin value they lose.

And back to the canned food, be sure to read the label for everything it can tell you about quantity and quality. Almost the entire 1943 pack of fruits and vegetables will be grade labeled according to Government standards. Already you'll find Grade A, B, and C on some canned goods. When you have a choice, buy the quality that best suits your purpose. Grade A fruit, for instance, would show off to advantage in the company dessert dishes. But Grade C would look and

taste just as good under a crust in pie or cobbler, or cut up in fruit cup or salad.

Save all the fruit sirup, too...to mix in other desserts if there's too much to go with the fruit. And do the same with juice from canned vegetables. There's food value dissolved in that juice.

KADDERLY: Ruth, what about those home economics leaflets on cooking vegetables? Wouldn't they be a help in cooking fresh vegetables so as to keep more of their minerals and vitamins---and more of our canned food on the shelf?

VAN DEMAN: I'm sure they would. One is on green vegetables, the other on root vegetables...both available from the Bureau of Human Nutrition and Home Economics in the Department of Agriculture, Washington, D. C.